

## Other Services

Dave Ramsey Online Resources  
[www.daveramsey.com](http://www.daveramsey.com)  
Resources and education on budgeting, eliminating debt and planning for the future

Volunteer Lawyers Network (VLN)  
612-752-6677, [www.vlnmn.org](http://www.vlnmn.org)  
Statewide civil and criminal expungement legal services available for low-income people through volunteer attorneys

[www.lawhelpmn.org](http://www.lawhelpmn.org)  
Help for low-income people with a broad range of civil (non-criminal) legal matters.

[www.freewill.com](http://www.freewill.com) to complete a free will that after notarization is legal binding

Newgate School offers vehicles to working single moms in the Twin Cities area through our Wheels for Women program. Must be a current resident of the seven-county Metro area (Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington counties) and have lived in this area for at least one year. \*See other eligibility requirements at <https://www.newgateschool.org/our-programs/wheels-for-women>

## Pregnancy Resource Centers

TLC of Hastings Pregnancy Resource Center 651-437-4200  
1125 South Frontage Rd, Suite 2 Hastings, MN

Pregnancy Choices 952-234-9850  
15010 Glazier Ave, Ste 104 Apple Valley, MN

Amnion Pregnancy Center 952-898-4357  
13775 Nicollet Ave S. Burnsville, MN

Elevate Life 651-291-9473  
2626 East 82nd Street Suite 210 Bloomington, MN

## Emergency Services

Crisis Nursery Greater Minneapolis 763-541-0400  
24/7- 763-591-0100  
<https://www.crisisnursery.org/>

National Domestic Violence Hotline 24/7  
800-799-7233 Text BEGIN to 88788

Day One MN 1-866-223-1111 (24-hours)  
<https://dayoneservices.org/>  
Help and resources for victims of general crime, domestic violence, sexual assault, trafficking.

24/7 Mental health crisis and suicide prevention line  
Text 988

National Suicide Prevention line 1-800-273-8255

Warm Line (844) 739-6369  
[mnwitw.org/mnwarmline](http://mnwitw.org/mnwarmline)  
5pm - 9am (7 days a week/365 days a year)

<https://fasttrackermn.org/> Search tool for real time information and availability for behavioral/mental health services.

MN Adult & Teen Challenge  
612-464-2866  
Locations in Minneapolis, Alexandria, Brainerd, Duluth and Rochester.

For additional resources, to find a local single parent group, or events  
[www.sprs.life](http://www.sprs.life)

# South Twin Cities (ST)



*Single Parents*  
Resources & Support

## Housing

HRA by county look up  
<https://www.hud.gov/states/minnesota/renting/hawebsites>

<https://www.mnhousing.gov/>  
links to home ownership programs and rental programs.

<https://www.housinglink.org/>  
Searchable website for subsidized housing

CommonBond Communities  
<https://commonbond.org/>  
Searchable website for affordable or supported housing.

Affordable Housing Online  
[www.affordablehousingonline.com](http://www.affordablehousingonline.com)  
Searchable website for affordable housing, Public Housing, Section 8, also has signup for alerts for wait list openings.

CAP-HC 952-933-9639 or  
1-888-577-2227 <https://caphennepin.org/>  
Foreclosure counseling, legal assistance, taxes, employment counseling, financial counseling, workshops, energy assistance, water assistance, housing stability, vehicle repair, etc.

## Energy

\*\*Find your local Community Action Partnership  
[www.minncap.org](http://www.minncap.org)

Energy Cents [www.energycents.org/programs](http://www.energycents.org/programs)  
Appliance protection programs

## For Dads

The Good Father Program equips fathers with the tools and insights needed to foster strong, healthy relationships with their families and become the role models they aspire to be.

Pregnancy Choices  
15010 Glazier Ave. Suite #104, Apple Valley, MN  
55124 (952) 997-2229

## Food

Fare for All  
<https://www.thefoodgroupmn.org/groceries/fare-for-all>

Loaves and Fishes <https://www.loavesandfishesmn.org/>

Hastings Family Service (651) 437-7134  
301 2nd St E, Hastings, MN 55033

Basic Needs Food Market (651) 458-9786  
8475 East Point Douglas Road, Ste. 106, Cottage Grove, MN  
55016

## For Kids

<https://www.thinksmall.org/>  
State Early Learning Scholarships 651-641-6604  
Financial support up to \$5000 to help pay for high-quality early care and education

Help Me Connect  
"A navigator connecting expectant families, families with young children (birth-8years old)

Imagination Library  
<https://imaginationlibrary.com/check-availability/>  
Receive free books for children from birth to age 5, no matter their family income.

\*\*All PMAP and Minnesota Care policies have a car seat program. Call the number on the back of the child's card and ask 😊

UCare Insurance-[ucare.org/health-wellness/pregnancy-children-teens/seats-program](http://ucare.org/health-wellness/pregnancy-children-teens/seats-program)  
HealthPartners Insurance- [freecarseat.org](http://freecarseat.org)

Toys for Tots  
<https://www.toysfortots.org/find-your-local-chapter/>

## Basic Needs

[www.weareresourceful.org](http://www.weareresourceful.org)  
Helping with health care, legal aid, food pantries, food delivery, housing transportation, counseling, dental care and more.

Bridge to benefits  
<https://www.bridgetobenefits.org/ScreeningTool>  
Website that takes basic information and determines eligibility for state and federal programs. Option to enter contact information and resources will contact you.

<https://minncap.org/local-agencies#interactivemap>  
Community Action Partnerships offer a variety of programs including energy assistance, food support, housing, etc.

United Way 211 or 1-800-543-7709  
Free, confidential help to find information for housing, food, clothing, tax assistance, family resources, healthcare, legal services, and much more!

Union Gospel Mission  
340 Cedar St, St Paul, MN 55101  
(651) 444-5880  
<https://www.ugmtc.org/>  
Hot meals and food, safe shelter and clean bedding, free clothing and laundry, hot showers and hygiene products, Chapel and Bible study, education and life-skills training, mental and chemical health services, case management, support services, financial-skills training and savings, job-skills training and resumé building, access and referrals to partner organizations including medical and dental care

Catholic Charities (612) 204-8500  
<https://cctwincities.org/>  
1007 East 14th Street Minneapolis, MN 55404

Bloomington Covenant Church Closet of Hope 952-831-8339  
10150 Xerxes Avenue South, Blmt  
<https://www.bcov.org/closet-of-hope/>

Value Village  
<https://arcsvillages.org/>  
Richfield 612.861.9550  
6528 Penn Ave S, Richfield  
Bloomington 952.818.8708  
10546 France Ave S, Bloomington M-F 9am-9pm, Sat-Sun 9am-7pm  
Low cost (garage sale prices) 2nd hand clothes & household items – bed linens, towels, small household items, small appliances, etc.)

Hastings Family Service (651) 437-7134  
301 2nd St E, Hastings, MN 55033  
Food shelf, emergency assistance, meals on wheels, transportation, school supply assistance, thrift shop, and more.